## **CALGARY**

#### **Africans still** not getting **Ebola drug**

Only Westerners have received the experimental medication to date

#### 'These children are in need'

Feds should allow severely injured kids from war-torn Gaza into Canada for medical treatment, doctor says PAGE 11

#### WATERMELON ON A GRILLED CHEESE?

FORGET TOMATOES — MELON WILL END SOGGY SAMMIE BLUES PAGE 23







excelhomes.ca

Actor and comedian Robin Williams has died in an apparent suicide. The Marin County Sheriff's Office in California said a preliminary investigation showed the cause of death to be a suicide due to asphyxia. See story, page 10. REED SAXON/THE ASSOCIATED PRESS FILE

### **MRU** guard admits to stealing card with alleged-assault footage

Victim left in 'agony.' Lawsuit seeking \$120K in damages filed, due in court next month

Court documents indicate a security guard involved in a 2013 altercation at Mount Royal University has admitted to stealing a memory card that a filed lawsuit claims contains footage of his involvement - and that of his peers — in an alleged assault of a pro-life activist.

The incident on the Calgary campus occurred the evening of Feb. 19, 2013. Nicholas McLeod, president of the Canadian Centre for Bio-Ethical Reform, ventured to campus and was distributing postcards containing graphic imagery when he was approached by security members and asked to stop.

McLeod said Monday in his first interview since the incident that when he refused to hand over his postcards he was knocked to the ground and

swarmed by guards. McLeod claims he'd been recording the guards on his phone and stuffed the device in his pants to prevent them from seizing it. He said he was taken to a holding room and remained handcuffed for three

"They wouldn't let me call a lawyer, they wouldn't let me do anything," he said. "They put the cuffs on extremely tight ... I was in agony.'

He alleged one guard did take the phone for a short time but later returned it. McLeod said it wasn't until the next morning he realized the memory card had been snatched.

Court documents leaked to Metro on Monday indicate that the Mount Royal guard, Shannon Walter Courtorielle, was charged the following September with theft under \$5,000 for stealing McLeod's memory card. The documents show that Courtorielle has since accepted responsibility for the theft and enrolled in an alternative measures program approved

was withdrawn and, as such, he will not have a criminal re-

McLeod, meanwhile, has launched a \$120,000 lawsuit against Courtorielle, five of his peers, the company they worked for and Mount Royal University for false arrest and imprisonment, battery and breaches of charter rights. The accusations haven't been proven in court but the matter is due to go before a judge next month, according to John Carpay, president of the Justice Centre for Constitutional Freedoms, who's taken on McLeod's case. On Monday, Carpay said, to his knowledge, the memory card hasn't resurfaced.

Mount Royal University representatives said, because the matter is before the courts, they couldn't address questions on whether Courtorielle was still employed at the school or whether officials have knowledge of the missing memory card's whereabouts.

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## Ebola virus. Hospitals urged to maintain 'high index of suspicion'

Risks of an Ebola virus outbreak in Canada are still considered "very low," but Alberta hospital workers have been put on alert to keep watch for patient symptoms and possible exposure to the deadly disease.

As of Aug. 4, Ebola had been linked to more than 900 deaths in four African countries and a total of 1,700 cases.

In response, the provincial government and Alberta Health Services issued a joint advisory Friday warning healthcare workers to maintain a "high index of suspicion" for possible patient exposure to the disease — that is, residents who've travelled Guinea, Sierra Leone, Liberia, Nigeria and other Ebola-affected areas in the past three weeks — as well as symptoms like a fever greater than 38.6 C.

A Canadian man returning from West Africa was put into isolation in a Brampton, Ont., hospital last week after displaying Ebola-like symptoms. Results of tests, however, have come back negative for the disease, said to have a mortality rate between 50 to 90 per cent.

But Dr. James Talbot, the provincial chief medical officer of health, said there have been no scares to date of a possible Ebola patient in Alberta.

He said the primary concern is aid workers who've ventured to the outbreak areas and since returned home.

JEREMY NOLAIS/METRO



To read a copy of the Alberta Ebola advisory, head to metronews.ca



recreation area. Jessica patterson/for metro

## Rescuers search for man missing on Sikome Lake

#### Group of six.

Witnesses say a baby was among several people in a dinghy and none were wearing life-jackets when they fell into the water

#### ROBSON FLETCHER AND JESSICA PATTERSON

calgary@metronev

A baby was taken to hospital and a search was underway at Sikome Lake in south Calgary late Monday afternoon for a man believed to have drowned after a group of people in an inflatable dinghy fell into the water.

Emergency crews responded to the lake after receiving reports of a missing, possibly drowned person shortly before 4 p.m., said Calgary Fire Department officials

Multiple witnesses said the baby was in a dinghy with several other people when the group fell into the water, and none were wearing life-jackets.

The fire department later confirmed the dinghy was carrying four adults and two children.

From the rocks on the opposite side, Chip Milner could see the party splashing and struggling.

"There was a baby in the

**Emergency respons** 

Aquatic team members continued the search with spotters, line tenders, divers in the water and members on fire department water rescue craft, as of press time.

water and one of the guys was trying to get her up and out," he said.

Milner jumped into the water, swam to the area and helped get the baby onto a paddleboard that someone else had brought over to help.
"And the baby started

"And the baby started breathing, because it wasn't when I got her," Milner said. "And the other gentleman, I got to him and lifted him up and pushed him onto the paddleboard."

Sylvia Baker also ran out into the water to help, and assisted a young woman and the child back to shore with a lifeguard.

"She was screaming, 'My husband is in the water!'"

Baker said the woman told her the baby is eight months old.

In the frantic effort to retrieve the baby, a man went missing, according to witnesses who organized an impromptu search.

"Everyone went out looking," said Caitlin O'Malley.
"There was about 60 or 70 people along the whole length of the lake, with linked arms."



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NEWS 05

### Bird sanctuary won't fully reopen until 2015

#### Avian invasion.

Inglewood facility sees up to 250 species of birds every year

The birds have returned, but Calgary's flood-ravaged Inglewood Bird Sanctuary still won't fully reopen to the public until next summer at the earliest, according to the city.

"There's still a whole lot

left to do," parks planning and development manager Doug Marter said Monday of the cleanup and rebuilding effort, which has been underway for a year now.

Crews have had limited windows in which to work — having to respect both bird migration periods and federal regulations protecting fish habitat during certain seasons — but a "biophysical impact assessment" is now in place and more work is set to

begin in September, Marter said.

Many of the bridge structures and boardwalks in the sanctuary need to be completely rebuilt, he noted.

Linda Cote was glad to hear the restoration is coming along. She has many fond memories of the sanctuary.

"We went there with our kids, really, from the time they were in strollers until they were in their late teens," said the former Calgary resident, who now lives in Canmore. "We loved it. And considering it's sort of right in the middle of the city, it's really a very calm, peaceful environment."

Guided tours are available but the sanctuary remains mostly closed for general public access.

"Hopefully we will be able to reopen the sanctuary, maybe, next summer," Marter said.

ROBSON FLETCHER/METRO





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## School bus provider lacking dozens of drivers as fall nears

A leading Calgary school bus provider says it's short dozens of drivers as it deals with recruiting challenges unlike any seen in years.

Rapid student growth and suburban development have put strain on city bus companies for years, but Chris Castellarin, general manager for Southland Transportation, said he hasn't seen a labour shortage this bad in his more

than three years with the organization.

"We're struggling a little bit at this point," Castellarin said.

"We're confident we're going to make it, but it has been particularly hard this year."

He said the job is ideal for young moms who want to bring their kids with them to run the route and independent entrepreneurs Rus routes

670

Southland Transportation is anticipating running about 670 routes this fall, but currently has around 600 employees ready to roll.

who want the bulk of their daytime free to run their own businesses.

JEREMY NOLAIS/METRO

Also facing incest charges

#### Boy charged with sexual assault

A 12-year-old boy in southern Alberta is facing a number of charges, including incest, in the alleged sexual assault of his two younger sisters.

Police in Lethbridge say they investigated after receiving information last month that a boy was engaging in sexual activity with his 10- and eight-yearold sisters. THE CANADIAN PRESS

## PC party. Leadership hopefuls pushing for televised debate

Two of three Alberta Tory leadership hopefuls expressed a wish Monday to appear in a televised debate and their fellow candidate said he'd be open to taking part.

Former provincial cabinet ministers Ric McIver and Thomas Lukaszuk appeared together at the legislature, where they released a joint letter to the PC party executive asking for a televised debate. During a stop in Lethbridge later in the day, Jim Prentice said he'd be willing to take part as long as his schedule permitted.

But in a statement, party president Jim McCormick was cool to a TV debate organized by the Tories. THE CANADIAN PRESS

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metr

06

## Will historic house find a new home?

#### **Enoch Sales House.**

Owner trying to make arrangements with the city to move the 110-year-old home to the park next door

#### JESSICA PATTERSON

algary@metronews.c

Boarded up and dilapidated, the Enoch Sales House looms over Macleod Trail on the way into downtown.

Many passersby would probably assume its due for the wrecking ball, but the 110-year-old home may have a new lease on life, if the current owner and the city can sort out a deal to move the structure to a nearby park.

Current owner Dan Van Leeuwen, president and chief executive of New Urban, said they're trying to make arrangements with the city to move it onto the new park, right next door.

"We were trying to find it a new home," he said. "We'd love to see it saved."

Van Leeuwen said the city had made provisions for the Sales House to be on park space next door, but they haven't been able to figure out how to facilitate a move.

"We've been prepared to donate the house to the city and have them move it to the park," he said. "We'd like to see it restored and turned into some practical use."

The Queen Anne Revivalstyle home was built for Calgary merchant Enoch Sales in 1904, when Victoria Park was a stylish and desirable neighbourhood. Characteristics of the house include a hipped roof with a dominant front-facing gable, a slightly projected upper storey and bay and oriel windows

According to city records, the house also has an open staircase inside, maple bal-staides and bead-and-reel moulding across the top of the

#### Quoted

"We were trying to find it a new home. We'd love to see it saved."

Dan Van Leeuwen, current owner of the 110-year-old Enoch Sales House



The Enoch Sales House sits boarded up along Macleod Trail near the downtown. A move next door and a proposed renovation could see the historic home keep its place in Calgary. JESSICA PATTERSON/FOR METRO

door frames

These days, it's hard to see past the boarded-up windows and shabby appearance. "For the most part, it's still fairly intact on the inside," Van Leeuwen said.

The house has been boarded up to keep people from vandalizing and damaging it, said Leeuwen. "It's been a very difficult house to maintain, he said. "People try to break into it all the time. It's boarded up for preservation more than anything."

Van Leeuwen said the house has been difficult to preserve, as there have been a few fires inside, and it suffered some flood damage last year.

"We managed to pump it all out, and dry out the sandstone in the basement," he said. "We've managed to preserve it, but it's a tough one."

In 2012, City Parks developed a plan for a \$1.4-million park directly east of the Sales House property. It would include green space, trees and pathways — and possibly the house. Development plans for

#### **Historic Calgary**

The fate of other notable Calgary historic buildings:

- Eamon's gas station, circa 1950: This building was saved from wrecking ball in 2012 by the City of Calgary.
- McHugh House, built in

**1896:** The building will be relocated to Humpty Hollow Park, after owners wanted to demolish it earlier this year.

 St. Mary's School, built in 1909: The school was demolished in 2002 amid great controversy.

the house included an adjacent patio, interpretive signs in the front and possible ice cream sales.

Construction on the park began in the summer of 2013, said Michelle Reid, project manager with city Parks.

"We had two plans, one moved the house onto the park, and the other did not move the house," Reid said. "We were hoping we would be able to move the house onto the park immediately, but it doesn't seem we're going to be able to do that."

Reid said the city and New Urban are in negotiations, and should they come to an agreement sooner than later, it's a small landscaping job to remove grass and install the house on the park. "The idea is that we would remove the grass and put the house there," she said.

Reid said the new park in the Beltline community is important, as the neighbourhood doesn't have the right ratio of park space, as compared to other communities. "It was developed before we had minimum standards of park space," she explained.

The park is expected to be complete in the fall.



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metr⊕ **NEWS** 



#### **Sharing information.** Isolated, paper-based

systems a thing of the past for local agencies



ROBSON FLETCHER

Dozens of agencies employing hundreds of people are working to lift thousands of Calgarians out of homelessness - and helping them all co-ordinate their efforts is a piece of software known as HMIS.

The Homeless Management Information System, introduced in 2011, has made a world of difference in getting the various groups pulling in the same direction, said Chantal Hansen, who manages the system for the Calgary Homeless Foundation.

This is basically the IT

"It's not just one agency anymore focusing on a client.... They can all work together to ensure the client is on a positive trajectory out of homelessness."

Chantal Hansen, HMIS manager at the Calgary Homeless Foundation

backbone for the system of care," she said. "Before, everybody was working in isolation. There was very little collabor-

**Homeless-management** 

Hansen leads a team that has grown from a single person to a staff of seven, providing technical support to more than 700 staff members at a host of local agencies. Those agencies regularly use HMIS to maintain up-to-date files on the histories and needs of individual clients.

Provided they agree to have their information entered and shared, the system keeps tabs on people who interact with outreach workers on the

street, use emergency shelters or access other support services in the city.

"It's trying to synchronize all these people so we don't lose them on the street," explained Calgary Homeless Foundation CEO Diana Krecsy. "There needs to be more of that synchronicity, because then we won't have people falling through the cracks and we won't have duplication of resources."

Blake Thomas, a team leader with Calgary Alpha House's Downtown Outreach Addiction Partnership, agrees.

'The HMIS, it really is a godsend," he said.



# Health workers wearing protective clothing and equipment against the Ebola

## Experimental Ebola drug still not given to Africans

from the capital city of Freetown in Sierra Leone. MICHAEL DUFF/THE ASSOCIATED PRE

#### 'It certainly looks bad.'

Experimental drug ZMapp has been given to two Americans and a Spanish missionary priest

In a development that raises a host of ethical issues, Spain announced it had obtained a scarce U.S.-made experimental Ebola drug to treat a Spanish missionary priest infected with the killer virus.

So far the experimental drug, ZMapp, has been used to treat two infected Americans and a Spaniard — but no Africans — for a disease that has been ravaging West Africa for months and has killed about 50 per cent of those it has infected.

There is no known cure or licensed treatment for Ebola, which has killed over 960 people in the current outbreak.

The drug's maker, Mapp Pharmaceutical Inc., says that "very little of the drug is currently available" and that it is co-operating with government agencies to increase production. "It certainly looks bad that only three Westerners have gotten the drug while most of the people with Ebola are African," said Art Caplan, director of bioethics at NYU Langone Medical Center. He said the drugmaker must make its policy for distributing its treatment clear.

Still, Caplan said there may be an explanation for why only Westerners were given the drug, including the need for a sophisticated medical centre to administer it and monitor the patient carefully since the drug hasn't been tested in humans.

"There's no reason to try this medicine on sick white people and to ignore blacks," said Marcel Guilavogui, a pharmacist in Conakry, Guinea. "We understand that it's a drug that's being tested for the first time and that could have negative side effects. But we have to try it in blacks too."

In Nigeria, which says it has 10 confirmed cases of Ebola, some people began demanding the serum on Twitter. The World Health Organization has not yet confirmed the Nigerian cases. THE ASSOCIATED PRESS



#### **Red Cross to lead aid mission in east Ukraine**

Ukrainian forces on Monday zeroed in on rebel strongholds as the government welcomed an international humanitarian relief mission into the rebellious east involving Russia, the United States and the European Union.

The mission will be conducted under the auspices of the International Committee of the Red Cross. The organization said in a statement it is ready to facilitate the operation with the involvement of

all sides concerned following a Russian initiative to provide humanitarian assistance to people in eastern Ukraine. It wasn't clear when deliveries would start.

"The practical details of this operation need to be clarified before this initiative can move forward," said Laurent Corbaz, the ICRC's head of operations for Europe and Central Asia.

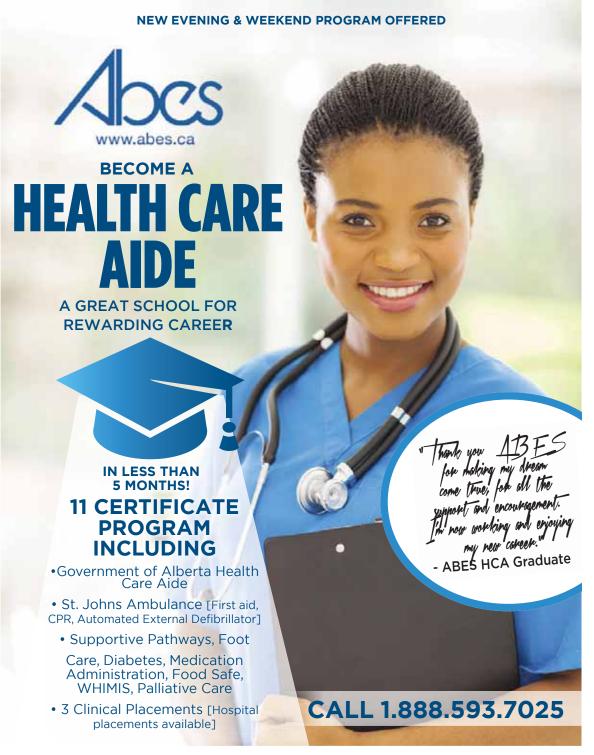
Moscow had long urged Kyiv to allow the aid delivery, but Ukraine and the West previously had opposed the move, fearing it could serve as a pretext for sending Russian troops into rebel-held territory.

The Red Cross said it has shared a document with Ukrainian and Russian authorities that stipulates all parties must guarantee the security of its staff during the operation and respect the organization's neutrality.

Officials in Kyiv specified Monday that the Ukrainian government was behind the humanitarian convoy initiative, and that Russia was only one of several countries involved.

The ministry also laid out specific conditions for the aid shipment, saying it should only pass through checkpoints controlled by the Ukrainian government.

It also said that the aid will be distributed by the Ukrainian authorities in the Luhansk region, one of the two mostly Russian-speaking rebel provinces. THE ASSOCIATED PRESS



metronews.ca Tuesday, August 12, 2014 metr⊕

## Oscar-winning actor, comedian dead at 63

#### **Robin Williams.**

Hollywood legend pronounced dead in Marin County home. apparently due to suicide by asphyxiation

Robin Williams, the Academy Award-winner and comic supernova whose explosions of pop culture riffs and impressions dazzled audiences for decades and made him a gleamy-eyed laureate for the Information Age, died Monday in an apparent suicide. He

Williams was pronounced dead at his home in California on Monday, according to the sheriff's office in Marin County, north of San Francisco. The sheriff's office said a preliminary investigation shows the cause of death to be a suicide due to asphyxia.

"This morning, I lost my husband and my best friend, while the world lost one of its most beloved artists and beautiful human beings. I am utterly heartbroken," said Williams' wife, Susan Schneider. "On behalf of Robin's family, we are asking for privacy during our time of profound grief. As he is remembered, it is our hope the focus will not be on Robin's death, but on the countless moments of joy and laughter he gave to millions,"

Williams had been battling severe depression recently, said Mara Buxbaum, his press representative.

Williams shot to fame in the late '70s as the alien in TV's Mork and Mindy. He conquered the big screen in comic films such as Good Morning, Vietnam and Mrs. Doubtfire. But he won his Academy Award in a serious role - as the therapist in Good Will Hunting.

THE ASSOCIATED PRESS



#### Justin Bourque

#### Moncton shooter intended to target police

Justin Bourque admitted that he targeted police officers on the evening in June that he fatally shot three Mounties and injured two others in Moncton, N.B., using a semiautomatic weapon.

An agreed statement of facts filed with the Court of Queen's Bench says Bourque used a Poly Technologies Model M305 .308-calibre Winchester semi-automatic rifle in the shootings that happened between 7:18 p.m. and 8:13 p.m. on June 4.

Bourque pleaded guilty Friday in the Court of Queen's Bench in Moncton to three charges of first-degree murder and two counts of attempted

The 24-year-old returns to court Oct. 27 when victim-impact statements and pre-sentencing documents will be filed with the court.

THE CANADIAN PRESS

#### Turkey

#### Conjoined dolphin discovered

Turkish media reports say scientists will examine a two-headed dolphin that washed ashore in western Turkey.

The private Dogan news agency said the remains of a conjoined dolphin calf were discovered on a beach in Dikili, near the Aegean city of Izmir last week by a vacationing gym teacher.

Akdeniz University marine biologist Mehmet Gokoglu said the dolphin was an unusual and rare occurrence.

THE ASSOCIATED PRESS



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## Doctor calling on Ottawa to allow injured Gaza kids into Canada for treatment

'These children are in need.' Dr. Izzeldin Abuelaish says proposal has nothing to do with politics, only ethical and moral responsibility

The federal government should rethink their resistance to bringing severely injured children from wartorn Gaza to Canada for the medical treatment they need, a high-profile Palestinian doctor organizing the effort said Monday

Izzeldin Abuelaish, whose three daughters died in the 2009 conflict in Gaza, is urging Foreign Affairs Minister John Baird to support a proposal to allow 100 wounded kids into Ontario, which is



Dr. Izzeldin Abuelaish is urging the federal government to allow children wounded in Gaza to come to Canada for treatment, saying Gaza's health-care system is overwhelmed. ANDREW WALLACE/TORSTAR NEWS SERVICE FILE

willing to treat them.

It has nothing to do with politics, the university professor said. There's an ethical and moral responsibility to help in times of need.

"Don't deprive the Canadian people, the Canadian

professionals, of this opportunity," Abuelaish said in an interview. "Don't let it down."

Only Ottawa can provide the necessary visas for the children and their guardians, but the federal government suggests it may be better for Canadian doctors to travel to Gaza instead.

But Abuelaish said it would be difficult to ensure the safety of Canadian doctors in Gaza, whose healthcare system is severely damaged and overloaded with injured civilians, including thousands of children.

"It's urgent," he said. "These children are in need."

They would only take children who are stable enough to travel, Abuelaish said. The children would stay for a month or more until they're well enough to go back.

THE CANADIAN PRESS

## Survey. Depression, PTSD, anxiety common among members of the military

Canada's number-crunching agency says about one in six members of the military have reported experiencing symptoms of mental or alcohol disorders.

Statistics Canada surveyed full-time regular members of the Canadian Forces last year.

The results showed nearly 17 per cent of those surveyed had experienced symptoms in the previous 12 months consistent with at least one of

a half-dozen disorders.

The Canadian Forces Mental Health Survey asked about major bouts of depression, post-traumatic stress disorder, incidents of anxiety or panic and alcohol abuse, as well as alcohol dependence.

The results are somewhat in line with the Canadian Mental Health Association's findings among the general population.

THE CANADIAN PRESS

#### Toronto

#### Police look into bomb threat demanding Rob Ford quit as mayor

Police are investigating an email that threatens to bomb Toronto city hall unless Mayor Rob Ford resigns.

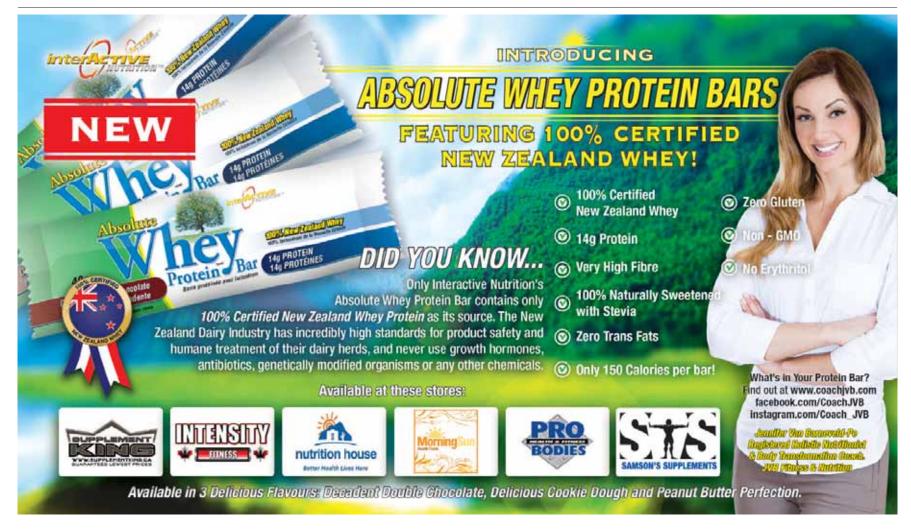
Ford showed the note to reporters on Monday, saying, "this is serious." He said po-

lice have been informed of the email, which was received by his brother,



Coun. Doug Ford. The threat warns city

hall will "disappear from the map" if Ford doesn't quit.



Department, which is lead-

ing the investigation, refused

to discuss Johnson's remarks,

citing the ongoing investiga-

tion. But County Police Chief

Jon Belmar has previously said

that an officer encountered

Brown and another man out-

side an apartment complex in

Ferguson, and that one of the

men pushed the officer into

his squad car and they strug-

The FBI is looking into possible civil rights violations arising from the shooting,

gled before the shooting.



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### FBI opens probe into **Michael Brown death**

Ferguson, Missouri. Unarmed 18-year-old black man shot and killed by police officer

The FBI said it opened an investigation Monday into the fatal shooting of an unarmed black teenager by police in suburban St. Louis, a day after tension surrounding the case erupted in unrest following a candlelight vigil for the teen.

Questions loomed over the shooting of 18-year-old Michael Brown, who police said was unarmed and shot multiple times Saturday after an altercation with an officer in Ferguson. It's unclear whether Brown or a man he was with was involved in the alleged scuffle, and authorities have been vague about what led an officer to open fire.

The killing drew criticism from some civil rights leaders, who referred to the 2012 racially charged case of

17-year-old Trayvon Martin. Martin was shot by a Florida neighbourhood watch organizer who was acquitted of murder charges.

Dorian Johnson told WALB-TV that he and Brown were walking home from a convenience store when a police officer told them to get out of the street and onto the sidewalk. Johnson said they kept walking, which caused the officer to confront them from his car and then outside his car.

Johnson said the officer fired, and he and Brown were scared and ran away.

"He shot again, and once friend felt that shot, he turned around and put his hands in the air and he started to get down," Johnson said. "But the officer still approached with his weapon drawn and fired several more shots.

"We wasn't harm to nobody. We had no weapons on us at all," said Johnson. The St. Louis County Police said Cheryl Mimura, a spokeswoman for the FBI's St. Louis field office. But she noted that the FBI would be investigating such a shooting regardless of the public attention surround-Nearly three dozen people

were arrested after tensions around the case following a candlelight vigil Sunday night, as crowds looted and burned stores, vandalized vehicles and taunted officers who tried to block access to parts of the city. The associated press

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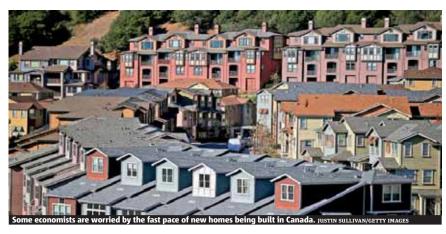
## Are housing starts at 'unsustainable' levels?

**Canada Mortgage and Housing Corp.** Report finds new home building projects increased to a seasonally adjusted pace of 189,784 in July

Some economists warn that the surge in the number of new homes being built in Canada is unsustainable and could approach "worrying" levels if interest rates remain at the current level.

Canada Mortgage and Housing Corp. reported Monday that housing starts increased to a seasonally adjusted annual pace of 189,784 in July, compared with 185,952 in June.

Gains in urban starts were concentrated in Ontario and Atlantic Canada. The Prairie provinces and Quebec all recorded declines and there were also modest decreases



in British Columbia.

July's results mark the fifth consecutive monthly increase in new housing construction. According

analysis to from TD Economics, builders are taking cues from the current housing market, which is riding high on lower interest rates and solid growth in resale prices.

This level of activity is unsustainable over the near

term, on account of an already moderate level of overbuilding as well as the likely gradual increase in interest rates," says TD economist Jonathan Bendiner.

#### \$83,000+ taken: Report

#### Canadian ISP used by hacker to steal virtual currency

Researchers with a cybersecurity firm say they have uncovered that a hacker used access to a Canadian Internet provider to hijack large foreign networks stealing more than \$83,000 US in virtual currency. The U.S.-based Dell

SecureWorks says the hacker operated between February and May 2014. It's alleged the hacker targeted hosting firms with servers that generate Bitcoin — in-cluding Amazon in the U.S. and OVH in France — and redirected some activity.

SecureWorks says the

hacker likely worked alone and was in Canada, and could be a former or thencurrent employee of the ISP. The firm did not name the ISP, but says the "mali-cious activity" stopped after it handed the ISP its findings. SecureWorks did not go to the Canadian authorities, and it is not known if the ISP has identified the hacker. THE CANADIAN PRESS

#### Shopping while black

#### **Barneys settles** discrimination case for \$525,000

Upscale American retailer Barneys has agreed to pay \$525,000 US to resolve allegations that minorities were singled out as suspected shoplifters at its flagship store, part of a spate of racial profiling complaints against retailers last year.

Barneys shoppers and ex-employees complained that detectives followed minority customers around — even after staffers identified them as frequent patrons — and disproportionately investigated their credit card use, so much so that some salespeople even avoided serving minority shoppers so as to avoid getting calls from store investigators, New York state's attorney general said Monday. Barneys will also hire an

"anti-profiling consultant' for two years, update its policy and record-keeping on detaining customers suspected of theft, and improve training of personnel. THE ASSOCIATED PRESS

#### Can't buy love ... or loyalty

With competition fierce for consumer dollars, companies are pulling out all the stops to build loyalty, from cost-cutting and loyalty programs to shame-lessly broadcasting the bestowment of gifts on surprised customers.

But marketing experts say these tactics don't work unless consumers actually like the product or service being reinforced.

"Basically, you're trying to buy friendship," says Ken Wong, a marketing professor at Queen's University. "You're trying to suggest to people that you're this good-guy bank or this good-guy airline. But the reality is, if you want to be a good guy, give good service.'

recent online campaign by TD Bank featured a video with a talking ATM that gave

unsuspecting customers free flight tickets, smartphones and surprise visits from Toronto Blue Jays outfielder Jose Bautista.

At 2 p.m. on the day the video premiered, tellers at more than a thousand TD branches across Canada distributed envelopes stashed with \$20 bills to unsuspecting customers.

In December 2013, West-Jet's online video showing the airline company granting pas-sengers their Christmas wishes went viral, racking up over 36 million views to date.

"It's a nice, cute event but it says nothing about what it's like to do business with these folks every day," says Wong.

The pressure stems from consumers that are much more selective in the products and services they want and willing to spend the time online to find the best price. THE CANADIAN PRESS

#### Market Minute









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6 **VOICES** 

metronews.ca Tuesday, August 12, 2014

## PEOPLE, U NEED 2 STOP IT!!! SMH

In today's fast-paced dating world of liking and swiping, poor texting habits can be an immediate deal-breaker.

According to a recent Digital Flirting Rules survey by Omlet — a new open messaging app developed by Stanford students — both men and women ranked informal spelling and funky abbreviations as their No. 1 turnoff when it comes to mobile messaging.

saging.
Multiple exclamation points, poor punctuation and grammar, all lower case words and acronyms (IDK, BRB, WTF) also ranked high on the list of chatting pet peeves among young adults.

Who knew we were so formal?

I guess ur cre8tive msgs might not B werking 4 u after all. A ubiquitous array of free and monetized apps and dating sites have radically changed the way we seek out and com-



SHE SAYS
Jessica Napier

 $municate\ with\ our\ potential\ romantic\ partners.$ 

Even if you actually manage to connect with a stranger IRL (in real life), followup flirtations are bound to happen between your devices. Which means early on in the relationship, your touchscreen courtship skills are just as important as in-person chemistry.

So if poor sentence structure and truncated words are irritating texting turnoffs — are we doing anything right?

Typing LOL after every sentence or using multiple exclamation points might come across as desperate (and annoying!!!), but research shows that cutesy emoticons are actually surprisingly lovable in reasonable doses.

According to Omlet's survey, 31 per cent of men and 38 per cent of women prefer to receive chat and text messages with multiple emoticons and emojis.

So feel free to pepper your correspondence with a casual thumbs-up or a flirty wink-face — just don't go overboard.

Excessive emojis are acceptable when swapping stories among friends, but you should probably resist the urge to spell out your first-date plans in a hieroglyphic paragraph of beer glasses and ramen-noodle bowls.

It's also advisable to avoid employing symbolic hearts to express real emotion, unless you're an eight-year-old.

Ultimately, timing is everything when it comes to digital communication. Frequency, followup speed and time of day are important considerations for both men and women who are pursuing a new relationship via their smartphone. And if you're really interested in someone, you should be taking the time to spell out your words and punctuate your sentences correctly.

And for goodness sake, let's all give up the Y2K-era textspeak; even the most lacklustre romantic prospect deserves better than a lazy and dated "c u l8er."

#### It's all good in Djerbahood



A woman looks at a mural by South African artist Faith47 that decorates a wall in the village of Erriadh, on the Tunisian island of Djerba, as part of Djerbahood. For more murals, scan this photo with your Metro News 300. ALL PHOTOS IOEL SAGET/AFP/GETTY IMAGES

#### International mural project hits remote island towr

- French-based Tunisian artist Mehdi Ben Cheikh has
  invited artists from all over
  the world to take part in
  an initiative to turn a district in a village on North
  Africa's largest island into
  an "open sky museum."
- The town of Erriadh, Djerba, in Tunisia, with its pale walls and charming architecture, provided the artists with the perfect backdrop and plenty of inspiration.
- Contributors include Belgian-based ROA, who made use of the town's many domed buildings to create an octopus, jellyfish and other creatures: France's C215, a.k.a. Christian Guémy, who contributed many delightful stencilled cats to post-office boxes and doors all over town; and South Africa's Faith47, whose work Hunt Her depicts an ethereal unicorn that looks like it has adorned the crumbling wall it sits on for centuries

#### By the numbers

**150** 

Thirty-four artists from 150 countries took part in the project.

Online

For more on the project, visit djerbahood.com.

#### METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 17 in Scene, page 23 in Life and page 25 in Sports

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- 2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
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#### MetroTube

#### A! Oh! Let's yo



ANDREW FIFIELD andrew.fifield@metronews.ca

While the rest of us spent the weekend soaking up those precious drops of summer that will slowly slip away over the coming weeks, 18-year-old California wunderkind Gentry Stein was busy showing up his competition at the 2014 World Yo-Yo Contest in Prague with a dizzying, worrying performance of throws. Fair warning: If you're not into the music "the kids" are into these days, then you're REALLY not going to be into Gentry's selection here. So maybe dull your audio a bit. (c3yoyodesign YouTube)



SCREENGRAE



#### **DVD** review



#### Muppets Most Wanted

Director, James Bobin

**Stars.** Ricky Gervais, Ty Burrell, Tina Fey

It's not easy being a cash machine. Muppets Most Wanted makes this as plain as the nose on Miss Piggy's face. Just two films into the rebooted Muppets movie series, franchise fatigue is already setting in. All involved admit they don't really know where to

don't really know where to go — except to the bank. The film is bookended by songs that parody the perils of following a hit, which The Muppets very much was in 2011. "Everybody knows the sequel's never quite as good," goes one line, and ain't it the truth? Missing in action are Jason Segel and Amy Adams, the human foils for Miss Piggy, Kermit the Frog, Fozzie Bear and the rest of the late Jim Henson's cloth-headed clowns. Segel's enthusiastic pen is also absent, leaving Nicholas Stoller, his cowriter from The Muppets, to do the heavy quipping on his own. Yet they get away with it, mostly. In the showmust-go-on style that's always been a Muppets mainstay, everybody gets

down to business, confident

that audience goodwill will

see them through - and it

often does.

PETER HOWELL

## Jeff Bridges is a big fan of one certain kid novel

**The Giver.** Actor claims he's been trying to get beloved book onto the big screen for the past 18 years



NED EHRBAR Metro World News in Hollywoo

Lois Lowry's 1993 hit young adult novel The Giver has a lot of die-hard fans, but possibly none as die-hard as Jeff Bridges ... No, really.

The Oscar-winning actor has been trying to get a film version of the book — about a future society where emotions and memories are controlled to keep the peace — for the past 18 years. Well, he finally got his wish.

#### You've been behind this film for a while. Is this a more personal project for you than some others you've done recently?

Yeah, I think so. I've been involved with it for about 18 years. I originally wanted to direct my father, Lloyd Bridges, in the film. As a matter of fact, somewhere we have a videotape of me doing just that. We read through the whole book, my dad played the Giver. Dylan, my brother's son, played Jonas, one of his sons shot it, my buddy Bud Cort narrated the whole thing, and we have that somewhere. Hopefully we'll break it out for the DVD.

What would you say was the biggest cause for delay in getting this movie made?



I think the challenge of creating that world, for one thing. And also there's a certain danger element to the book. I thought it would be much easier than it turned out to be to get it made. I mean, 12 million copies sold in 21 countries, a Newbery (Medal) award-winning book, taught in schools ... But it's also on the banned books list, so it's quite controversial. A lot of people felt it was too risky for kids to know that information. There's sexual themes in it, a little bit of violence — but nothing compared to other movies that are out today. And then you have the euthanasia element, different things like that. And I think that made the financiers question whether it would be accepted or not. And then movies like Hunger Games — which my understanding is they were inspired by The Giver, that book — their success really helped our movie get made.

#### Do you find now, since winning the Oscar, that you're being put in the "serious actor" niche?

Well now I've kind of taken that strategy of playing things differently and thrown that out the window. Now I just jam and do whatever. I'm not too concerned about my career anymore. I'm just kind

#### AUGMENTED REALITY

→ The creation of sameness? Scan this photo with your Metro News app for a clip of Jeff Bridges in the new film The Giver!



→ See the full instructions on Metro's Voices page.

of playing. I try to resist being engaged in anything because I know what it takes. And that's also been kind of my game plan, to kind of resist.







DISH

#### Ford fit to be Star Wars right Han man again

Good news, Star Wars fans. Han Solo seems to be doing just fine. Harrison Ford was spotted looking fit as ever boarding a private jet in Los Angeles this weekend, presumably heading back to London to continue work on Star Wars: Episode VII after a production-upsetting injury earlier this year. The shooting schedule for the highly anticipated sequel was rearranged to accommodate Ford's recovery time, as the star of the original film trilogy is said to have a significant role in the new installment.



#### The Word

18

#### Love burned through \$27 M, but that's OK —it was only 'Nirvana money'



NED EHRBAR Metro in Hollywood

It's official. Courtney Love has spent more money than any of us will probably ever have. And most of that cash she blithely dismisses as "Nirvana money." The nerve!
"I lost about \$27 million,"
she tells Style magazine. "I know that's a lifetime of money to most people, but I'm a big girl, it's rock 'n' roll. It's Nirvana money; I had to let it go." Well, she could've at least been nice enough to let some of it go in my direction, if she was so eager to part with it. Sheesh. And hell, I'm just a Nirvana fan. Imagine what Krist Novoselic would say. "I make enough to live on, I'm financially solvent, I focus on what I make now," Love



says, adding insult to injury. So where did those millions go? Well, a lot of it came from her habit of mixing prescription drugs and social networking. As you do. Love explains that she'd get

loaded and make remarks on Twitter that would result in people suing her, and she's still working out a few of those libel cases. But don't worry, she's a big girl. It's rock 'n' roll.

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

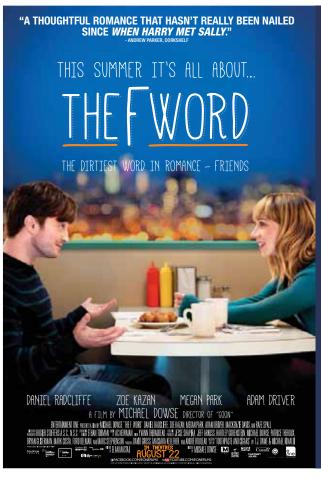
## Chloe calls whole dating thing 'stupid,' was just hanging out with Becks Jr.

Apparently now that E! News has broken the seal on the purported teenage romance between 17-year-old Chloe Moretz and 15-yearold Brooklyn Beckham, the topic is fair game, as the Sunday Times magazine interrupted an interview with the If I Stay actress to press her on the issue. Only one thing, though: Moretz ain't having it. "I don't even know what dating is at this point. It's all so stupid," said Moretz, who was recently seen enjoying an afternoon of skateboarding with Young Master Beckham. "Why can't you just hang out with each other? Go to dinner if you want to? Why can't you go skateboarding if you want



metronews.ca Tuesday, August 12, 2014

to go skateboarding with a guy?" Oh, honey. You're going to be asking yourself questions like that for a long, long time.



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LIFE 21

## Trapped in the chronic complaining trap? Get out!



Tips. Even the most positive people get whiny sometimes. Recognize the reasons why you're doing it so that you can stop

GABRIELLE BERNSTEIN

#### We're bored

When we feel uninspired, we often look for things to complain about.

It can be easier to direct our energy toward something negative than it is to get creative and find ways to stimulate our mind.

The best way to combat this pattern is to redirect your focus. Choose to shift your energy from complaining to celebrating.

For instance, if you catch yourself complaining about the food at lunch, immediately shift your focus onto what you plan to cook for dinner.

Instead of fixating on what you don't like, take back your sense of control and think about what you can create.

When you realize you're capable of effecting change, the urge to complain fades.

Do you have a knack for zeroing in on what's wrong in a situation? Do you tend to focus on what's not working rather than what is? Do you fixate on flaws and let them ruin your experiences?

Heads up: You've fallen into the trap of complaining. It happens.

Even the most positive and easygoing among us can get caught in it.

But you've probably

noticed that complaining doesn't actually make you feel better.

In fact, it usually darkens your outlook and saps your energy. When you find yourself breaking out complaints more often than you're expressing gratitude, turn things around by getting to the core of your behaviour.

There are three big reasons we complain — and simple ways to tackle each one.

#### It's a habit

Whenever I notice myself complaining, I witness an old habit showing up.

Even though this pattern of behaviour no longer resonates with me, it still pops up sometimes. The best way to change the habit is to witness it and then choose to see it differently.

If you catch yourself in the moment that you're complaining, you can pivot and choose to change your attitude in an instant.

That moment of change establishes a new pattern that creates healthier behaviour. Each time you catch yourself and choose to see things differently, you reinforce that new pattern.

Complaining can be tough to quit. After all, complaining about a situation makes us feel like we're not in charge of it, and therefore that we aren't responsible for working to change it. But escaping the trap is easier than you think and exhilarating, too.

#### We're not happy

Often when we complain about the negativity around us, we're unwilling to look at the negativity within us.

Therefore, we project our sadness outward by complaining about other people, our surroundings, or life in general. It's easier and more comfortable to blame things external to us.

But I'll let you in on an open secret: Facing up to the negativity within is liberating, because you can change it. The simple way out of this pattern is to focus on the good stuff. Proactively choose to focus on what feels good and what makes you happy.

Scientific research backs

Scientific research backs up the idea that focusing on what makes you happy really does bring more joy, energy and excitement into your life.

Set an alarm for three times throughout the day, and when it goes off do something simple to shift your focus.



The Most Helpful Book in the World is here.





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#### Truth about e-cigarettes

### No smoke, no fire?



BEST HEALTH MINUTE Bonnie Munday Editor-in-chief Best Health Magazin

E-cigarettes are hyped as a new tool for butting out.

They are smokeless, have no tobacco, and feature a battery-operated cartridge that warms a liquid that may contain nicotine, water, flavouring and propylene glycol (an alcohol that is heated to create the vapour inhaled). Ingredients in the cartridges vary, and not all devices contain nicotine.

So are they safe? Best Health magazine's Melissa Greer looked into it for the latest issue of Best Health, on newsstands now.

Dr. Andrew Pipe of the University of Ottawa Heart Institute says some people assume e-cigarettes will help them quit smoking, but "early studies haven't shown significant improve-

ments toward quitting

There's concern that e-cigarette users will use the devices in combination with cigarettes to feed nicotine addiction, becoming "double users," says Pipe.

More research is also needed to rule out worries around long-term inhalation of the device's ingredients, including propylene glycol and unregulated amounts of nicotine.

E-cigarettes with nicotine or that make health claims are illegal here, but some Canadians purchase them online from the U.S., the U.K. and even Canada.

Gary Scott Holub, a Health Canada spokesperson, says they have not been approved for use, sale or advertisement: "A company would have to provide evidence of safety, quality and effectiveness for its product to be authorized."

Without scientific evidence, Health Canada advises against their use, and the Canadian Cancer Society supports this position. As for e-cigarettes without nicotine, they are legal, but regulations for use and safety don't exist.

Unfortunately, both types may pose a health risk. "Because they're unregulated, they are manufactured in a variety of settings," says Pipe. "No one has a clear idea of what's in the solutions used."

Could they be a good thing? Maybe. Dr. Peter Selby, chief of the addictions division at the Centre for Addiction and Mental Health in Toronto, says, "We've known for decades that smokers smoke for the nicotine but die from the smoke. E-cigarettes have the potential to help smokers quit while cutting exposure to the 7,000 chemicals, including 60 that cause cancer, found in cigarettes.

"There's incentive to study this technology further and consider a Health Canada-regulated product." PICK UP THE LATEST ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA

## The Tao of swimming, from an Olympic champ

Rebecca Adlington. In 2008, at 18, the English swimmer won two gold medals, then retired at 25. Today, she advocates for the overall benefits of being in the pool

A new study claims that swimming just a few laps a week can decrease negative emotions by a third. Having been the victim of Twitter trolls, would you say that swimming is what helped you deal with that?

It definitely gave me my confidence and my escapism. It's a huge part and love of my life. It's nice to be in a pool with your thoughts and be able to process things, and understand what's going on. It can give you peace.

How would you describe swimming?

Freedom. The feeling of being in water is unlike anything



else; you can't replicate it. I go into my own world. And it's just kind of the weightlessness, which is kind of how I imagine space would feel.

A lot of people would rather go jogging or ride a bicycle —

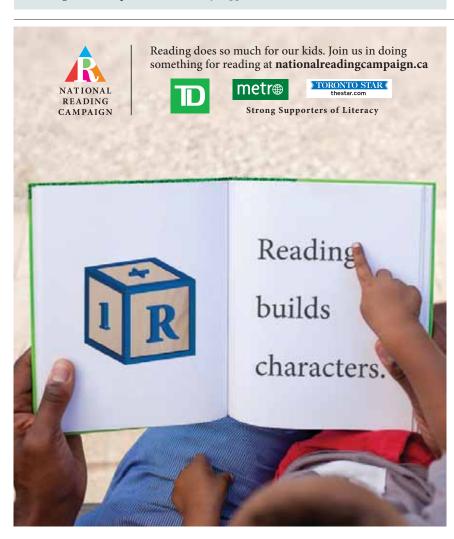
and wear leggings and baggy workout clothes — because they're insecure about the way they look in a swimsuit.

You go to the pool to escape, not to look or stare at other people. As soon as you hop in, no one's going to see you anyway.

It's also about getting the right swimming gear. A lot of swimsuits now have a lot of support; Speedo has a range that does this tummy tuck sort of thing. Like Spanx, but not as tight

#### Would you say swimming is more of a sport or a therapy for you?

When I competed, it was definitely a sport. But it's now more about leisure. I don't even try to swim fast anymore. I struggled with motivation right after the Olympic Games because my body was sick of exercising. So I gave it a good six months of not being in a pool. I took that time out to mentally and physically debrief; I had to learn it wasn't a race. METRO WORLD NEWS IN LONDON





metronews.ca Tuesday, August 12, 2014

#### **Health Solutions**

#### *Include* watermelon at vour dinner table today



**NUTRI-BITES** 

Who doesn't remember the childhood pleasure of sitting on a porch or stoop and letting watermelon juice run down your chin and wrists as you suck the sweet juice from a wedge?

Now that you are a grown up, though, you have experienced the conundrum of what to do with the rest of the beast when the slurping is done. You'd be surprised.

Watermelon is one of the more intense sources of lycopene (that nutrient that everyone thinks is only in tomatoes!) that is known to help protect hearts and prostates. It is also high in vitamin A to protect the eyes.

High-water-content

fruits and vegetables keep you hydrated and feeling full throughout the day in exchange for very few calories.

Here are some ways to use up the other half:

- Blend into a juice and use for smoothies;
- Blend with greek yogurt and freeze into popsicles;
  • Use as you would tomatoes
- in sandwiches (simply pat dry with paper towel first);
- Grill for 30 seconds on a very hot barbecue as a base for ice cream desserts;
- Use as you would a raspberry puree in marinades and
- Chop with mint or cilantro and garlic as fresh salsa;
- Mix with feta and balsamic vinegar and serve on a pita;
- Chop into salads as you would strawberries.
  THERESA ALBERT IS A FOOD COMMUNI-

CATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO, SHE IS @

THERESAALBERT ON TWIT-TER AND FOUND DAILY AT MYFRIENDIN-FOOD.COM

## Take ooey gooey goodness on the go

Pack a picnic. Grilled Cheese may not seem like a likely outdoor choice but this sandwich is better when it's cooled

You may not think of using watermelon to bump up a Grilled Cheese but, man, is

The watermelon holds its

- · 4 slices watermelon • 8 slices, 100% whole grain bread, chewy in texture
- Butter
- 2 tbsp (30 ml) mustard • 6 oz thinly sliced extra-sharp cheddar cheese, divided equally in 4
- 1 1/2 cups (375 ml) baby

#### **AUGMENTED** REALITY

→ Scan this photo using your Metro News app to follow along as Theresa Albert gives us some useful watermelon



→ See the full instructions on Metro's Voices page.

water better than tomato. These babies are great on a griddle on a barbecue, in a skillet or a Panini press.

They are best wrapped and served cool!

1. Place the watermelon pieces between paper towels to absorb extra fluid. Set



Butter each slice of whole grain bread on outside and spread the mustard on inside, and top with cheese. Top the cheese with baby arugula and watermelon slice.

**3.** On griddle or grill press, spray cooking spray and grill sandwiches on each side until the cheese begins to melt.

RECIPE ADAPTED BY THERESA AL-BERT FROM WATERMELON.ORG

### Watermelon's savoury side



Watermelon's sweet, crunchy flesh lends itself surprisingly well to salad — and, no, not just fruit salad.

The trick is to pair it with foods sporting contrasting flavours and textures. Anything salty and savoury is good.

This simple recipe for spicy watermelon salad with feta cheese and basil is a great start, but improvise as you

1. Divide the watermelon between 4 serving plates, then top each with a quarter of the

banana pepper slices.

2. Using a mandoline, carefully shave about a quarter of the chili pepper over each plate. Alternatively, you can finely mince the chili, then scatter the pieces over the

3. In a small bowl, whisk together the lime juice, sesame oil and sugar, stirring until the sugar is dissolved. Drizzle the dressing over the salads, then top each with some of the feta, basil and

#### Ingredients

- 4 cups cubed watermelon (bitesize chunks)
- 1/4 cup jarred banana pepper slices (or other pickled peppers)
- 1 red chili pepper
- 2 tbsp lime juice
- 1 tbsp toasted sesame oil
- 1/2 tsp sugar
- 4 oz feta cheese
- 1/4 cup fresh basil leaves, torn
- 1/4 cup pine nuts, toasted

pine nuts. THE ASSOCIATED PRESS



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# SPORTS SPORTS

## Jays' Happ getting his time to shine

MLB. Left-handed starting pitcher enjoying his longest uninterrupted period of stability in Toronto

Baseball is anything but a fair business, but J.A. Happ deserved a good turn.

Since arriving in Toronto a few days before the trade deadline in 2012, the six-foot-six left-hander could never seem to catch a break. Some of his woes were related to his own underperformance, but much was out of his control. When he wasn't battling arbitrary bullpen relegation, he was dealing with bizarre injuries. Along the way he developed a reputation as something of a malcontent.

Of late, however, Happ has been a stabilizing force in the Blue Jays' starting rotation. In his four starts since the all-star break, he has been remarkable, posting a 1.71 ERA while striking out nearly a batter an inning and averaging more than six frames each outing.

Perhaps it's no coincidence that Happ's recent success has come amid the longest uninterrupted period of stability in his Jays career.

"I always felt like if I was able to have a stretch like this, I would be able to figure it out," he told Torstar News Service this weekend.

What may have been his most hard-luck injury came in just his seventh start of 2013. He suffered a fractured skull when he was struck on the side



of the head with a line-drive off the bat of Desmond Jennings in a frightening scene in Tampa. True to Happ's star-crossed Toronto tenure, it was a sprained knee suffered as he crumpled to the ground — not the fractured skull itself — that kept him on the disabled list for the next three months. Happ was back on the DL to start this year after he had a disastrous spring training while trying to pitch through a back injury.

But now Happ is pitching better than he has in years, and he says part of his recent success is a result of feeling

#### Jays vs. Mariners

Go to metronews.ca for coverage of Monday night's game in Seattle.

more confident. "I have to trust myself and my stuff," he said. "Confidence is the most important factor in pitching. Without it, it's almost impossible to succeed."

Happ struck out a careerhigh 12 batters last week against Baltimore. He has nearly a 25 per cent swing-and-miss rate on pitches above the top of the strike zone this season, likely aided in part by the fact his average fastball velocity is up by more than two miles an hour this season compared to his career average.

The 31-year-old, who pitches Tuesday in Seattle, is potentially a free agent at the end of this year. If the Jays elect not to pick up his \$6.7-million club option, he'll test the open market. So the final six weeks of the season are as important to him personally as his performance is to the Jays.

TORSTAR NEWS SERVICE

#### Auto Racing

#### Death on track not being considered criminal, police say

Kevin Ward Jr. died of blunt force trauma when he was hit by a car driven by NASCAR star Tony Stewart.

Ontario County Sheriff Philip Povero says the autopsy was completed Monday. The 20-year-old driver was competing in a dirt-track race in upstate New York.

Authorities questioned Stewart on Saturday night and went to Watkins Glen to talk to him again Sunday. Povero said Monday there were no plans "at this time" to talk to him again.

There is no timetable to complete the investigation.

Povero says there is nothing in the inquiry that supports criminal conduct or probable cause. He says there was no camera in Stewart's car.

THE ASSOCIATED PRESS

#### K.C. wins 8th straight

#### Royals ascend to AL Central throne

The Kansas City Royals won their eighth straight game and took over the AL Central lead Monday night, when Yordano Ventura outduelled Sonny Gray during a 3-2 win over the Oakland A's.

The victory, coupled with a loss by Detroit in Pittsburgh, gave the long-suffering Royals a division lead at the latest point in a season since 2003.

Alcides Escobar drove in a run in the second inning before delivering a two-out single off Gray in the seventh, putting Kansas City in front.

THE ASSOCIATED PRESS

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## Time for U-20 Canadians to bring A game

**U-20 Women's World Cup.** Canada faces
powerful North Korea,
looking for a win to
move to quarter-finals

Canada's hopes of reaching the quarter-finals at the women's under-20 World Cup likely depend on a win against the toughest team in their group: North Korea.

Canada (1-1-0) plays North Korea (2-0-0) in their final group stage match Tuesday night at Olympic Stadium in Montreal. The Canadians enter the game in a precarious position after losing their opener 1-0 to Ghana and then needing a dramatic, second-half comeback to top Finland 3-2.

"We've known since the 90th minute of the Ghana game that we needed two results, or two wins," coach Andrew Olivieri said Monday. "You saw the impact the crowd had in Toronto in the second half (against Finland). That was great for us. We hope to have the same in Montreal."

After playing before crowds of 14,834 and 16,503 at cosy BMO Field in Toronto, Canada will move indoors onto articial turf in the cavernous, 55,000-seat Big O to face one of the top teams in women's soc-



**SPORTS** 

cer at the junior level.

The North Koreans, led by striker Ri Un Sim, downed Ghana 3-0 on Saturday after edging Finland 2-1 in their opener.

They are known as a wellorganized, disciplined team that makes opponents pay for mistakes.

"We have to make sure we're careful and that there are not too many lapses," said Olivieri, a Montreal native and former goalkeeper for the Montreal Impact.

North Korea leads the group with six points and a plus-4 goal differential, while Canada has three points and an even differential and Ghana

has three and is minus-2.

Finland has no points and is minus-2, but still has a chance to get into the tie-breaking mix if Canada loses and it wins big against Ghana in Moncton, N.B. on Tuesday night.

Canada looked doomed when it fell behind by two goals in the first half against Finland.

But Janine Beckie scored in the 48th minute, followed two minutes later by the equalizer from Valerie Sanderson, who slotted home a feed from Nichell Prince. Spurred by a roaring home crowd, Prince got the game-winner that kept Canada in contention.

THE CANADIAN PRESS

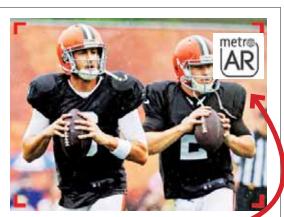
#### NFL

## Seahawks' Lynch investigated in assault claim

Police in Bellevue, Washington, are investigating whether Seattle Seahawks running back Marshawn Lynch was involved in an assault and damage of personal property.

The incident was reported by the female victim about 12 hours after it took place in an apartment. Police say there was no domestic violence or sexual assault involved in the allegation.

THE ASSOCIATED PRESS



#### There's only room for one

Cleveland's Brian Hoyer, left, and Johnny Manziel compete for the same quarterback job at camp on Monday in Berea, Ohio. Scan the image with your Metro News app for a gallery of NFL training camps.

MARK DUNCAN/THE ASSOCIATED PRESS



26

#### AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

#### Horoscopes by Sally Brompton

#### **↑** Aries

March 21 - April 20

Get plenty of rest today because you are going to be super busy towards the end of the week. The planets will confront you with challenges that demand a strong response.

#### **Taurus** April 21 - May 21

Set yourself targets, but don't aim so high that failure is more likely than not. You don't have to be perfect – you're perfect just the way you are.

#### ∐ Gemini

May 22 - June 21

Don't worry if you have not yet made a serious start on an important project because you will get your chance over the next two or three days. Just keep your emotions out of it.

#### **9** Cancer June 22 - July 23

You cannot have things your own way all of the time but you will always get another chance, so why worry? Look forward today, not back.

#### €? Leo

July 24 - Aug. 23

If there are things you still need to do, get working on them today. Tomorrow there will be other issues that demand your time and attention.

#### **M** Virgo Aug. 24 - Sept. 23

Less than two weeks from now a new solar year will begin and you will no longer be held back by issues over which you have no control. The good times are on their way.

#### **△** Libra

Sept. 24 - Oct. 23

You need to take life at a more relaxed pace over the next 24 hours. You will have to deal with important issues, of course, but, seriously, there is nothing to worry about.

#### **M** Scorpio Oct. 24 - Nov. 22

It won't be long before you have to make a choice between a personal relationship and your work. You will need to focus in a single direction.

#### **✓** Sagittarius Nov. 23 - Dec. 21

Over the next 24 hours you will have to admit your negative views about a newcomer to your social circle were totally wrong. It seems they are a lot nicer than you thought.

#### り Capricorn

Dec. 22 - Jan. 20

You can transform your existence, but it won't be until the Sun moves in your favour on the 23rd. In the meantime, be patient. Your time will come.

#### **≫ Aquarius** Jan. 21 - Feb. 19

Resist the urge to go to extremes when dealing with people you don't much like or the bad feelings you create may come back at you.

#### **H** Pisces

Feb. 20 - March 20

Only you can decide if a relationship is worth carrying on with but you don't have to decide right now. There are still a few twists and turns and surprises to come, so stay calm.

#### Crossword: Canada Across and Down by Kelly Ann Buchanan

17

20

#### Across

1.Canadian rapper, see 41-Across for more! 5. Cushy

9. Terra 14. Bathe

15. Advocate

16. Online aid, e.a..

17. Snowy mountain danger

19. Lively

20. Charge led by The Beatles: 2 wds.

22. "Open \_\_!' 23. "I got an '\_'

quiz!" . 24. Memo abbr.

27. Manitoba: Grain Elevators National Historic Site

32. "Say that thou forsake me...'

 Shakespeare 36. Red River (Canadian breakfast serving)

38. Hautbois 39. Workshop

machine 40. "Not

watch!" 41. "The Still Lives At Home" (Song

by #1-Across) 43. "God helps

who..." 44. Levi's ieans 45. Rob Thomas' "This

Heart Breaks" 47. Universal principle 49. Drives

54. Canadian (The English Patient

or Life of Pi) 60. Canadian heavy metal band 61. Winnipeg, 'The

65

Heart of the 62. Vista 63. Gloria's dad, to Meathead

64. Old shipping weight allowance 65. Dispatches 66. Articulates 67. "My king"

Down 1. Concrete chunks

-Aubert (One of Magdalen Islands) 3. J'\_\_; Nous avions... Dawn" by Tanya Tucker

64

46

16

19

5. Day-to-evening time 6. Philharmonic gr.

7. E-J link

8. Brandon \_\_\_, Hilary Swank Oscar-winning role 9. French painter,

Paul \_\_ (1839-1906) 10. Actress, Carre \_\_ 11. "Mickey" by \_\_ Basil

12. Blinds/shades co., Blinds

13. Kirk , "Superman" (1948) star 18. Point towards: 2 wds.

21. National Gallery of Canada's striped painting, of Fire 25. Comparison word 26. Number-counter's nick

28. David ("Rhoda" husband-portrayer) 29. Jav

30. Pet food brand 31. Leonard \_\_\_, Roy

Rogers' birth name 32. Gateway 33. 'Access' suffix

34. "The Days and Nights of Molly

35. Aug. follower 37. Vincent van Gogh's brother

39. Manitoba community

42. Is U2, does this: and hums

43. Singer Ms. Terrell 46. Lengths cohorts

48. Killer whales 50. Boucherville 'bridges'

51. "...if saw one!" 52. Ocean vessel

53. Seven: Italian 54. Rocker's instrument

55. Newfoundland folk trio, The

56. Stove 57. Nice

58. Ms. Ephron 59. 'Consist' suffix

#### Yesterday's Crossword

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See today's answers at metronews.ca/answers



18

25

38

63

66

45

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5	1	9	2	6	7	8	4	3
2	8	3	9	1	4	6	5	7
4	6	7	8	5	3	1	9	2
1	3	2	4	9	6	7	8	5
9	7	8	5	3	1	4	2	6
6	4	5	7	8	2	9	3	1
8	2	4	1	7	5	3	6	9
3	5	1	6	4	9	2	7	8
7	9	6	3	2	8	5	1	4

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	8					9		
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4				9		8	3	



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### 'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE **AND INCREASED MENTAL CLARITY & STAMINA!**

Are you concerned with high blood with energy levels, blood pressure, pressure or cholesterol, a lack of stamina and energy, a dip in libido and assisted in strengthening the immune physical performance, or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-0)!

#### **OVER 40 LOSING CRUCIAL RESERVES**

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many

people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

#### **NOBEL PRIZE** WINNING **DISCOVERY**

researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

#### **GOOD NEWS FOR BOOMERS!**

cholesterol, joint discomfort, and system.

#### 90-SECOND CIRCULATION BOOSTER

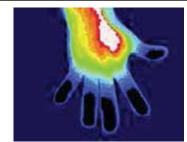
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

#### **BETTER CIRCULATION TO WHOLE BODY**

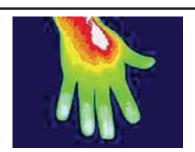
Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

#### **SURPRISE BENEFITS FOR MEN &** WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, Researchers reported that N-O helps orgasms are difficult," says Dr. Bryan.



Dark = Low Blood Flow



Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

#### **NATURAL RESULTS YOU CAN FEEL**

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

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Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids. B Vitamins. Vitamin C. and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

#### **BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!**

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

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